Paxson Elementary

101 Evans - Missoula, MT 59801



Every child- every day, achievement for all

Recommended Snack List

Dear Paxson Families,

We are committed to providing a school environment that promotes and protects children’s health, well-being, and ability to learn. Our Paxson Team encourages healthy eating and physical activity. Childhood obesity is a national concern and we can help our children by following this list of snack suggestions.

Please note fruit snacks, fruit rolls, etc. are not included on the list as they are not considered healthy snacks.

* Fresh fruit (apple, banana, orange, grapes, etc…)
* Fresh veggies (carrots, cucumber, snap peas, etc…)
* 100% fruit sticks/bars or raisings
* Dried fruits
* Pretzels or baked chips
* Graham crackers, plain animal crackers
* Baked crackers or goldfish crackers
* Granola bars (less than 4 grams of fat/bar)
* Trail mix
* Fig bars
* Popcorn (light or low-fat)

(here is where you might want to add a bit about when and where you have snack and any other expectations… you may or may not mention nuts.. eggs… etc… the next page is the celebrations note – please tweak by team)

Let’s all work together to ensure a safe and healthy environment. Thank you in advance for your support!

Sincerely,

The 4th Grade Team (edit here for your team!)and if you want to include Mrs. Chumrau – feel free (I will support your plan – if not, that’s cool too).